

## **Disclosure Information**

### **Patient-Centered Approaches to Menopausal Symptoms and Contraception in Peri-Menopause Symptoms**

Provided by the University of Missouri-Kansas City School of Nursing and Health Studies  
Jointly Provided by the Clinical Training Center for Sexual Reproductive Health

#### **Description:**

Perimenopause and menopause are complex, highly individualized life stages that often present with overlapping symptoms, shifting reproductive goals, and changing risks related to conception and pregnancy, alongside evolving contraceptive needs. This webinar provides clinicians with a practical, evidence-based framework for understanding the physiology of perimenopause and menopause, recognizing common symptoms, and counseling patients on both pregnancy prevention and symptom management, while supporting informed, patient-centered decision-making. Using clinical case examples and current guidance from the North American Menopause Society and Contraceptive Technology, this webinar emphasizes individualized counseling that centers on patient goals, preferences, and lived experience. Attendees will leave with practical strategies to address menopausal symptoms, support reproductive autonomy, and guide patients through safe transitions from contraception to menopausal care.

#### **Objectives:**

- Define and understand the physiology and stages of perimenopause and menopause
- Describe and identify common menopausal and perimenopausal symptoms and their clinical implications
- Review contraceptive options and considerations during perimenopause
- Apply patient-centered approaches to managing menopausal symptoms and contraceptive decision-making

#### **Successful Completion:**

This training offers up to 1.5 contact hours. To receive contact hours, participants must complete the activity as well as complete the online evaluation and request for credit form. CNE, CME and Certificates of Completion will be emailed 4 – 6 weeks after submission of the online evaluation/request for credit form.

#### **Relevant Financial Relationships:**

In accordance with continuing education guidelines, the contributing presenters/trainers/authors and planning committee members have disclosed potential relevant financial relationships with ineligible companies. Ineligible companies are those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Trainer: Jennifer Karlin, MD, PhD has no relevant financial relationships with ineligible companies to disclose.

Planning Committee: Denise Raybon, Sharon Colbert and Angela Bolen have no relevant financial relationships with ineligible companies to disclose.

Kristin Metcalf-Wilson, DNP, WHNP-BC serves on the advisory board for Afaxys Pharmaceuticals and is a Nexplanon trainer for Organon.

All relevant financial relationships listed for these individuals have been mitigated.

#### **Commercial Support/ Sponsorship:**

None.

### **Funding Acknowledgement**

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### **Disclaimer**

Opinions expressed herein are the views of the contributors and do not reflect the official position of the Department of Health and Human Services (DHHS), the Office of Population Affairs (OPA), or the Clinical Training Center for Sexual and Reproductive Health (CTC-SRH). No official support or endorsement by DHHS, OPA, or CTC-SRH is intended or should be inferred.

### **Accreditation Statements:**

#### **Continuing Nursing Education:**

The University of Missouri-Kansas City School of Nursing and Health Studies is accredited as a provider of continuing nursing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program offers up to 1.5 for nurses.

#### **Continuing Medical Education:**

The AAFP has reviewed Patient-Centered Approaches to Menopausal Symptoms and Contraception in Peri-Menopause - Enduring and deemed it acceptable for up to 1.50 Enduring Materials, Self-Study AAFP Elective credit(s). Term of Approval is from 04/20/2026 to 04/20/2027. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Enduring Materials** – Contact hours will be awarded for this e-learning course through April 20, 2027.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) or 816-235-6611 if you have questions regarding continuing education credit.